

## 3.6 Sleep and Dreams



# Sleep and Dreams Focus Questions

- What stages do we go through while we sleep?
- What is REM sleep?
- How do scientists know that REM sleep is important?
- How do cognitive psychologists explain the value of dreams?



# Sleep and Dreams

- Sleep takes up a third of our lives, and when deprived of it we feel terrible and our performance suffers.
- We obviously need sleep. But why?
- Researchers are not sure why we sleep



# Sleep and Dreams

- Sleep may replenish chemicals used up during the waking period
- It may also play a role in the growth process
- During sleep a growth hormone is released by the pituitary gland



# Sleep and Dreams

- Side effects of lack of sleep?
- Diminished immunity to disease, irritability, inattention, hallucinations





# Sleep and Dreams

- Case Studies
- NY DJ Peter Tripp 200 hrs to raise money (roughly 8 and 1.3 days)

- 2nd day

- 7<sup>th</sup> day

» 8<sup>th</sup> day



# Sleep and Dreams

## Case Study

Randy Gardner 11 days- slept for 15 hrs and was fine



# Stages of Sleep

- By attaching electrodes to the scalp, researchers can record brainwaves that tell the story of sleep



»Our brainwaves proceed through 4 different stages every 90 minutes, repeating that pattern all throughout the night



# Stages of Sleep

